

Child Nutrition Thursday Update

October 20, 2022



Summer P-EBT

2022 Summer P-EBT benefits have been distributed to eligible households this week. The benefit amount is \$391.

- Eligible students were those enrolled the final month of SY 2022 and who were Free/Reduced eligible either by application, DC list or enrollment in a SY 2022 CEP/Special Provision school.
- Qualifying free/reduced meal benefit applications received between July 1, 2022 and August 31, 2022 also qualified SY 2022 enrolled students for Summer P-EBT. They must have been enrolled the final month of SY 2022.
- Applications received after August 31, 2022 were not used to determine eligibility for 2022 Summer P-EBT.
- Applications for children newly starting kindergarten only determined eligibility for SY 2023, not 2022 school aged Summer P-EBT. These students may have received P-EBT through the childcare aged plan.

For more information, please visit:
<https://www.maine.gov/dhhs/ofi/programs-services/food-supplement>

Welcome to the new Thursday Update!

Rather than fill your inboxes with multiple messages, we are changing things up a little with how we bring you information. We are going to do our best to limit the amount of emails sent through the list serve from the State office. Unless it is urgent that we get information to you, all the information we have to share will now be included in our weekly update.

Please continue to use the list serve as you have been, that will not change.

Another change, you can now find past Updates on our website. The link to the Thursday Update page is right on our home page.

www.maine.gov/doe/schools/nutrition



Equipment Assistance Grant Awards

Congratulations to the schools that were selected to receive an Equipment Assistance Grant. Office notifications with award amounts will be mailed out to schools soon. If you have any questions please email Michele at michele.bisbee@maine.gov

This years awarded schools are:

Carrabec Community School
Machias Memorial High School
Appleton Village School
Laura E Richards School
Upper Kennebec Valley Jr/Sr HS
Fort Obrien Elementary
Whitefield Elementary
Erskine Academy
Old Orchard Beach High School
George B Weatherbee School
Penobscot Valley High School
Granite Street School
Searsport Elementary
Carrabec High School
Eva Zipple Elementary
Jonesboro Elementary
Katahdin Elementary School
Mill Pond School
Airline Community School
Etna/Dixmont School
Samuel Wagner Middle School
Rangely Lakes Regional School
Telstar Middle/High School
Narraguagus High School
Sebago Elementary School
Presque Isle High School
Mapleton Elementary
Charlotte Elementary School
Lillian Hussey School

USDA Foods

Diced Chicken and Mozzarella Cheese

Diced chicken and mozzarella cheese have been cancelled for SY 2023 in December and all PAL Entitlements have been returned to your accounts To see how much PAL you have available click on the "Entitlement" tab on the Sponsor Summary screen this will show your "Remaining Balance"

Below are step by step directions to see which of your items are available when adjustments have been made. From the top blue tool bar:

Survey

Survey Balance

Select item # 100021-Mozz cheese or #100101 chicken diced


Select Month from the drop down:
December

Qty Need column-How many you purchased for December

Qty Adj column-Will show zero for these two items

Brown Box & NOI

When USDA foods orders are canceled for both brown box and NOI, you will not see a separate line showing how much has been credited for the canceled order. What you will see is an increase in your available PAL. To see how much PAL you have available click on the "Entitlement" tab on the Sponsor Summary screen, this will show your "Remaining Balance"



2022 SFSP Outreach Report

For a second year, in an effort to help expand the SFSP in Maine and support current operations, a statewide network of SFSP Outreach Coordinator contractors was hired from within each Superintendent Region of Maine. The SFSP Outreach Coordinators worked to engage community partners, participated in grassroots outreach and community events using materials from MDOE Child Nutrition, as well as conducted a data and needs analysis of their Region.

A great deal of appreciation for FSDs and positive feedback for the “Hot Lunch Summer” SFSP marketing campaign was received during SFSP Outreach Project 2022. Many of the Outreach Coordinators this year continued to concentrate on connecting with local farmers markets as a way of engaging the community in partnership with Harvest of the Month, Farm and Sea to School, and Maine SNAP-ed. A brief survey was also developed for the field regarding the Summer Food Service Program with much valuable feedback received. We appreciate your time, commitment to feeding more Maine children, and are grateful for your responses on future program improvements.

The SFSP Outreach 2022 Report is now available on the Child Nutrition website, along with a condensed PowerPoint Presentation version, located in the SFSP Outreach section: <https://www.maine.gov/doe/sites/maine.gov.doe/files/inline-files/2022%20SFSP%20Outreach%20Report%20.pdf>
<https://www.maine.gov/doe/sites/maine.gov.doe/files/inline-files/2022%20SFSP%20Outreach%20Presentation.pdf>

Please don't hesitate to reach out with any SFSP Outreach questions or feedback. Thank you for all that you continue to do in nourishing the children of our great State of Maine!

Verification

Have you started the process? Remember it is due in CNPWeb by November 20th. Use CNPweb to determine how many applications you need to verify.

Additional information is needed from each District about Special Provisions and Directly Certified students. These are questions were part of the Verification report before CNPweb. The questions can be found here: https://forms.office.com/Pages/ResponsePage.aspx?id=q6g_QX0gYkubzeoajy-GTjY0m-JUzohDu0-OobHQkL5UNktUWlNSUjlTRTgxOEM2VURJTDQxQzdCMS4u

If you have questions contact David at david.hartley@maine.gov.



Registration links are now in the titles

October 24, 2022 - 1:30pm

Child Nutrition Updates Webinar

Harvest of the Month





SHOUTOUT!!

Do you have something you want to share?

Do you know of something great that someone is doing?

Send your SHOUTOUTS to Paula, paula.nadeau@maine.gov.

RSU 10 is serving up fish tacos with spicy aioli sauce. The fish is from the Fishermen Feeding Mainers program

From Jeanne Lapointe:
"We made 40 servings - students were talking this one up!"



Pollock Fish Tacos

Prep time: 5-10 minutes - Cook time: 10-20 minutes - Total time: approx. 30 minutes - Serves 4

Ingredients

- 1 pound pollock fillets
- Chile powder or other flavorful seasoning mix, such as adobo, taco, Tajin®, etc.
- Cooking oil
- Lime juice
- Soft flour or corn tortillas, or taco shells
- Toppings of your choice: cabbage slaw, lettuce, onions, avocado, guacamole, black beans, corn, salsa, sour cream, cilantro, chopped mango, etc. (shredded cheese—the choices are endless!)

Instructions

1. Rinse and dry fish. Sprinkle with seasoning.
2. Heat oil in a non-stick or cast iron pan and sear the fish. You can also bread the fillets with oil, cook them in an air fryer, or broil them in the oven.
3. When the fish flakes easily, square time take over it, and set it aside in a bowl or on a plate.
4. Warm up the tortillas or taco shells and put on a plate.
5. So everyone can customize their tacos, serve the fish and toppings in separate bowls.
6. ¡Pase provecho! (Enjoy!)



Pollock is a member of the cod family and is distinguished by its brownish-green coloring on the back and slightly pale belly. Pollock can be used in a variety of recipes because of its light flavor and flaky texture.



How to store and handle the fish

Be sure to cook the fish or freeze it within 3 days. Some common signs that the fish has spoiled include milky flesh with a thick, slippery coating, and a fishy smell.

If frozen: Frozen fish should stay frozen until you are ready to prepare it. When you are ready to make the fish, you can defrost it in the refrigerator by putting it on a plate with a couple of paper towels under it. You can do this the night before.

Cooking frozen fish: Put the frozen fish in the fridge a few hours before you want to cook it. When you are ready to cook it, the fish will still be frozen, but you'll be able to pull apart the fillets. Cook as you normally would, but be sure to dry the fish off.



Fishermen use a variety of gear to catch fish, including bottom longlines, bottom trawls, and gillnets. Images from NOAA Fisheries



Fishermen Feeding Mainers

Maine fishermen have been feeding communities for generations. Together, we can help feed those in need while supporting Maine's fishermen and the working waterfront.



Para versión en español, visite mainecoastfishermen.org/recipes
Para a versão em português, visite mainecoastfishermen.org/recipes
Pour la version française, visite mainecoastfishermen.org/recipes
Nouva a Soudaailga, bingelo mainecoastfishermen.org/recipes
المطبخ العربية، قم بزيارة mainecoastfishermen.org/recipes